

# COPMI



Children Of Parents with a Mental Illness

## Early Childhood Newsletter 'snippets'

**Please consider inserting one of the following in your centre or service's newsletter or notices or contact the COPMI Communications Officer on (08) 8367 0888 or e-mail [copmi@aicafmha.net.au](mailto:copmi@aicafmha.net.au) for more ideas.**

### **Parenting and Mental Health**

Many of us will have heard that '1 in 5' Australians will experience mental health problems at some stage of their lives. What's not so well known is that this includes parents of young children. The Children Of Parents with a Mental Illness (COPMI) national initiative of the Australian Government hosts a website where you can find out more about parenting while managing mental health problems - [www.copmi.net.au](http://www.copmi.net.au). Download or order a booklet there called 'Piecing the Puzzle Together: Raising young children when mental illness is part of your life' or you can pick up a copy from **centre or service name (add as appropriate)**. Please speak to one of our staff to find out more. You're not alone –many parents raising young children experience mental health problems.

### **Post-natal Depression and Other Mental Health Problems**

Most of us know someone who has experienced post-natal depression (PND). Often the best people to support parents with PND are their friends and family. The *beyondblue* website has a range of tips and useful information for those concerned about someone they care for who may be experiencing PND ([www.beyondblue.org.au](http://www.beyondblue.org.au)). Other mental health problems can also affect parents of young children and a booklet called 'Piecing the Puzzle Together; Raising young children when mental illness is part of your life' may be helpful for parents, other family members and friends. It's downloadable or available to order free of charge from the COPMI (Children of Parents with a Mental Illness) national initiative website ([www.copmi.net.au](http://www.copmi.net.au)) or phone 08 83670888. **We also have some copies available at the centre (add as appropriate).**

### **Family Members Managing Mental or Physical Health Problems?**

If your family has extra needs because you or another family member has a chronic health condition or illness, please talk to staff about it. We may be able to arrange help or additional subsidised hours or extra support. Don't feel you have to manage alone.

## **Caring for Someone With Mental or Physical Health Problems?**

If you are caring for a partner or other family member who experiences a chronic health condition or illness, consider calling the Carers Advisory Service for counselling and support 1800 242 636 (or contact the Carer Association in your State or Territory). You don't have to be receiving a 'Carer's Benefit' to classify as a 'carer' and you don't need to care for someone alone.

## **Young Carers**

Caring for family members is an important part of family life and it's a delight to see many older brothers and sisters caring for children attending our **centre/service**. Some young people, however, take on quite demanding and time consuming caring roles within their family due to factors such as a parent's illness or disability (mental or physical). If you are, or know of, a young person providing such care you may be interested to learn of Young Carer support programs across the country. Visit [www.youngcarers.net.au](http://www.youngcarers.net.au) to find out more. These programs and services give young carers the opportunity to access information, share caring ideas and stories; talk to other young carers; and keep up to date on current news and events. Young carers can also call the Carers Advisory Service for counselling and support – Freecall 1800 242 636.

You don't have to be receiving a 'Carer's Benefit' to classify as a 'carer' and you don't need to care for someone alone.